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Message from Nancy Keil, President & CEO

Dear Friend,

During the past 41 years, Second Harvest Food Bank of Middle Tennessee has been a critical community resource. We make sure food gets from those who have it – like grocery stores, farms, and food manufacturers – to those who need it. Our strong foundation of hunger-relief has been built on the generosity of people like you – thank you.

It’s because of this foundational strength that I’m thrilled to begin my journey as President and CEO of Second Harvest. I’ve had the honor of serving as chief development and marketing officer here for the last five years. During that time, what’s been most striking to me is this community’s willingness to stand up for Tennesseans in need.

As we head into Hunger Action Month this September, I hope you’ll continue giving your time, talent, treasure, and voice to the issue of hunger in your community. It’s going to take every one of us working together to raise awareness and inspire others to get involved next month and throughout the year.

In this fall newsletter, I hope you’ll continue enjoying about the lives you change for the better every day.

Gratefully,

Nancy Keil
President & CEO

You Help Dad Manage Son’s Health Condition

Ever since Brian learned his son has autism, he’s worked hard to provide the healthiest food possible to best manage 5-year-old Logan’s symptoms.

Brian explains there are certain foods that are especially beneficial for a child with autism, like fresh fruits and vegetables. But the food Logan most needs is also typically the most expensive at the grocery store.

“It helps, and you know food is coming,” Brian says of the Mobile Pantry you make possible.

On the day we met them, Logan was listening to music and dancing around the food at the Mobile Pantry. He told us his favorite foods are grapes, apples, and strawberries.

“Thank you,” Brian says to donors like you. “[You] definitely give a lot.”

Your generosity ensures that kids like Logan can return to school this fall with the nourishment they need to learn and grow. Thank you so much for caring for children and families in need!

Low Effort, Big Impact

Monthly donors like Susan Woods aren’t just kindhearted – they’re also practical. Autopay is easiest for her and it reduces Second Harvest’s overhead, meaning more resources for hungry people. And that’s why we’re all here, right?

A retired teacher from Camden, Susan wants to maximize her donated dollars to help Tennesseans become healthier – especially children.

“Making my automatic donations monthly keeps me from forgetting, and gives Second Harvest income they can depend on,” Susan said. “This way, I never miss the money and it’s completely painless.”

Please join Susan as a Second Helpings monthly donor at secondharvestmidtn.org/monthly. Ready to upgrade your monthly donation? Call Destiney Patton at (615) 627-1611.
An empty stomach makes it difficult for people to reach their full potential. In September, help us recognize Hunger Action Month, a national movement to raise awareness about the struggles and effects of hunger. Visit secondharvestmidtn.org and follow the hashtag #HungerActionTN to learn how you can help end hunger. A big thanks to our local sponsors Farm Bureau Health Plans, First Tennessee Bank, Delta Dental, Jackson National Life, and Kroger.

YOU DID IT!
You showed us your big hearts through your overwhelming response to the Hunger Free Summer $250,000 matching gift challenge, an effort to provide 4.5 million summer meals for hard-hit families. Because of you, children across Middle and West Tennessee received the food they needed and are energized for a new school year. Thank you for caring about our hungry neighbors during the tough summer months.

NEWS 2 FOOD 2 FAMILIES
Second Harvest is partnering with WKRN News 2 again for the annual Food 2 Families school food drive. All schools and grade levels are encouraged to participate. It’s an opportunity not only to help our local schools, but to teach children they can make a difference. In 2018, 66 schools collected more than 356,000 pounds of food. Let’s set a new record this year! To learn more and register your school, visit secondharvestmidtn.org/food2families.

TENNESSEE TITANS FOOD DRIVE
OCTOBER 20
We’re teaming up with the Titans to tackle hunger! When you arrive to cheer on the home team against the Chargers, bring shelf-stable food and donations to charity drop-off points at Nissan Stadium. In the spirit of friendly competition, we’re pushing to beat last year’s total: 35,000 meals. Thank you to Kroger for sponsoring this food drive. Go Titans!

Your Gifts Are Changing Lives!

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Jill was diagnosed with a rare medical condition, Budd-Chiari syndrome. She survived a liver transplant 12 years ago. She was unable to continue her work in an assisted living facility. Since then, she’s struggled to support herself and her son on her disability check alone. She’s seen patients who have been blessed because in her words, “That’s the stuff that feeds your soul.”

Linda McCafferty has seen their neighborhoods. She’s seen patients who have been blessed because in her words, “That’s the stuff that feeds your soul.”

But her favorite responsibility is giving kindness, dignity, and the occasional hug to those in need. “When you go do a Mobile Pantry, you’re getting more out of it than you’re giving,” Linda said. If Linda’s firsthand experiences fuel her passion to fight hunger, it’s her innate desire to give back that sparked that passion. When asked why she keeps coming in to the warehouse and out to our Mobile Pantries, she said, “It is a need to serve.” Whether it’s helping her patients or providing for our hungry neighbors, Linda has turned her need to serve into her vocation, because in her words, “that’s the stuff that feeds your soul.”

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Do you feel a need to serve? Sign up to volunteer and help those struggling with hunger. Visit secondharvestmidtn.org/volunteer today!

When it came time to do estate planning, Joan Signorille and Dennis Greeno thought long and hard about where their hard-earned money should go. The Nashville couple is most passionate about two issues: education and food, as both are essentials on the path to future success. So Joan and Dennis put half of their legacy dollars into a scholarship fund, and designated the other half for Second Harvest.

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Jill was excited to get engaged recently, but her fiancé has had a hard time finding work lately as a mechanic. Jill says it’s a relief to know that resources like the food pantry exist to help in times like this when both of their budgets are especially tight. Jill wants to make sure you know what a difference your gifts are making for her family — and many others. She says she knows many people who face financial struggles, and it’s comforting to know you care.

“I appreciate [your] kindness very much,” Jill says to donors like you. “It’s a wonderful help.”

It’s so amazing to know that we can count on friends like you to look out for your neighbors in need, especially as we work to raise awareness of hunger in our community this September during Hunger Action Month. Thank you!
With four kids at home and only one income, it’s hard for Eva to keep her kitchen stocked with healthy groceries for her family. Her husband works outside the home while she cares for their children, ages 10, 6, 2, and 15 months.

Eva recently earned her GED certification so she can find a job to help supplement her husband’s income. But their youngest child is having surgery soon and will require Eva’s around-the-clock care.

Eva’s husband works in construction, but his income isn’t stable from week to week. Work slows during the rainy season, leaving the family without a paycheck sometimes.

The older children receive free lunches at school, though Eva says it’s especially challenging to make up for meals when the kids are at home. She says it’s difficult to watch her kids open the refrigerator and ask for food — food that often isn’t there.

Thankfully, Eva connected with the food pantry at First Baptist Shelbyville, a partner agency of Second Harvest. Your gifts help make sure this food pantry is stocked with healthy groceries, including fresh fruits and vegetables.

Now, her children can be better prepared for success in the classroom as a new school year gets underway.

“With all this food, you’re helping so many people,” Eva says, thanking you for your generosity.

We couldn’t agree more with Eva’s sentiment. We’re so grateful for your partnership in feeding hungry Tennesseans and working to solve hunger issues in our community.
Second Harvest is so grateful for last quarter's extensive community support. Thanks to all of you for your volunteer hours, financial contributions, and donated food, goods, and services!

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Second Harvest is so grateful for last quarter’s extensive community support. Thanks to all of you for your volunteer hours, financial contributions, and donated food, goods, and services!

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